Empowering Your Love Essence

Source

One of the greatest pain points on Earth is blaming other human beings or the outer world for pulling you away from your own loving center. One of the greatest joys comes from feeling aligned and centered in the love that is your true essence.

You feel good when you are at one with your true nature. You feel bad when you are not. You have been taught to give others both credit and blame for these feelings of connection or disconnection, when in reality, you are the only one who thinks the thoughts in your own mind—and thus the only one who can tune your own feelings and vibration.

While others can be profoundly influential—either incredibly inspirational or unthinkably cruel—not a single person can ever control your thoughts.

The more you take charge of your own mind, the less others can influence it.

The more you decide how to think and feel, the less the world can cause you pain.

The more you focus on love—choosing to love or appreciate anyone or anything—the less the lower behaviors of others can tug at you to keep them company in their misery.

And while this is both a wonderful and challenging concept to embrace, adopting this understanding gives you back your personal power. It helps you rise above m**********n and live happily even in a world of extreme contrast.

A great many of those who came before you did not understand the true energetic nature of reality. They were raised to believe they were at the mercy of others and the external world. It is only in your generation that greater truths about the 5D nature of reality are coming to light.

You belong to transitional generations, shifting your understanding from a purely 3D model of reality into an understanding of its energetic nature. You are the lightworkers, wayshowers, pathfinders, and early adopters of an entirely new understanding of how the universe works. You were brave to incarnate during these times of change. The vast majority of people on Earth still want to blame external factors for what goes on inside of them. You know a more powerful truth.

You can master your mind, manage your vibration, and create a magical experience of life on Earth… no matter what anyone else is doing.

The way your parents, teachers, and authority figures thought and behaved influenced many of you deeply, sometimes for the good, and for others, triggering intense pain. But now that you are no longer dependent on them for your survival, you get to choose how you think and feel.

You are not even at the mercy of your memories. Many of you have worked to accept the past and leave it behind you. Many of you have taken the fertilizer of the past and bloomed into the glorious roses that you are. And while bad food will never taste good, and bad behaviors will never feel good when you look back upon them, you can choose what you focus upon.

If you were to stand at a buffet and see food you disliked intensely, we hope you wouldn't stop, stare, and complain about it to everyone nearby. Likewise, when you see horrific behavior—past or present—think of it as spoiled food. Say a quick prayer for the light of love to rise up in all souls, then turn toward what nourishes your spirit.

Fixating on the bad tethers you to it. Finding creative ways to focus on what elevates, inspires, and nurtures your spirit will free you.

Some of you will benefit from the assistance of healers, therapists, or trusted friends. Others may prefer to imagine tossing painful thoughts away, praying for all involved, and shifting focus. However you do it, choosing to focus on the kinder realities in life is a monumental act of self-love.

When thoughts of hurt arise, remind yourself, "No, I deserve to feel good," and as soon as you can, focus on something that feels better.

You deserve to feel good.

When you witness something heartbreaking in the news, offer a prayer for love to arise in all human hearts, then affirm, "Love is my reality. Love is my truth. I live and abide in love."

Lower vibrations cannot exist in love any more than a shadow can exist in light.

Shifting old habits and patterns of thought can take time and tenderness. Like an untrained puppy, the mind wanders in many directions at first, but with patience, it learns.

Dear ones, you deserve to feel good, and while you cannot control the outer world or the behavior of other human beings, you can live align with your own loving hearts as much possible. You can withdraw your energy from those who seek attention in unloving ways, and focus your energy on the facets of reality that offer love freely—nature, kind souls, soothing words, music, art, fascinating hobbies, etc.

The list of loving things and people is long and beautiful. When it appears that darkness is overshadowing the earth, remember: It is not. There is far more good than bad, far more light than darkness, and far more love than hate. Love is quieter. It gives. It doesn't seek attention. It can be found in the smallest moments and the most humble aspects of creation—a ladybug, a blade of grass, the look in the eyes of your animals as they gaze at you with love,or the smile of a stranger.

Today, look for love. Seek it and see it wherever you go. Share it when you authentically can—a kind word, a prayer, a look of compassion. You deserve to immerse yourself in life's love. You deserve to feel good.

Peace & Love